



## FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



### Colorful Rice\*

#### Recipe Summary:

Preparation/Cook Time: 60 minutes

Number of Servings: not given

Cups of Fruits and Vegetables Per Person: not given

#### Ingredients:

- 1 cup of short grain brown rice
- 2 tofu or organic chicken sausages, sliced (pre-cooked)
- 3 carrots, sliced
- 3 celery stalks, sliced
- 6 red radishes, sliced thin
- Fresh mango, chopped (to taste)
- 1 or more garlic cloves, chopped
- Low fat peanut sauce
- Tamari (similar to soy sauce)
- Olive or canola oil
- Vietnamese chili garlic sauce (optional)

#### Directions:

Put rice on boil and let simmer for 30-40 minutes. During this time, prep tofu or sausage, vegetables, mango and garlic. In a wok or large pan over medium heat, add a good amount of oil and the radishes. Stir for several minutes. Add the carrots, celery, garlic, and sausage. After a few minutes, add several tablespoons of peanut sauce and cook until the sausage starts to brown. Remove ingredients from the wok/pan and set aside. Add more oil and put cooked rice in the wok/pan. Stirring briskly, add a small amount of tamari and chili garlic sauce until the rice starts to brown. Add the vegetable and sausage mix back in the wok/pan and stir well to combine. Add chopped mango and cook for an additional 2-3 minutes.

Serve on colorful plates with chopsticks. Serve raspberry sorbet with a small piece of dark chocolate for dessert.

#### \* Original recipe

#### Nutritionist Notes:

- High in Vitamin C
- High in Potassium
- High in fiber
- High in Vitamin A
- Depending on amounts of peanut sauce and olive oil used, this recipe may be high in fat.
- May want to limit peanut sauce and olive oil to 1tsp-1Tbsp.
- Depending on amount of Tamari sauce and Vietnamese chili garlic sauce used, this recipe may be high in sodium.
- May want to limit amount of Tamari sauce and Vietnamese chili garlic sauce to 1tsp-1Tbsp each.